

Walking Uptown was designed by Feet First with citizens from The Uptown Alliance and with funding from the Seattle Department of Transportation.



The Uptown Alliance is a community-based non-profit organization. Open to all Uptown stakeholders and residents, the Alliance is committed to keeping the neighborhood livable while it becomes one of the high growth "Urban Centers" in the City's growth management plan. Attend monthly community meetings at: Uptown Neighborhood Center (UNC) 157 Roy Street
2nd Thursdays @ 7:00 p.m.
(206) 733-9435

**FREE
WEEKDAY
INTERNET
ACCESS!!**

Feet First promotes the rights and interests of pedestrians throughout the Puget Sound region. More information and other maps designed by Feet First can be found at: www.scn.org/feetfirst
Phone us at 206.783.3066 with questions or requests for technical assistance.

Seattle Department of Transportation's "Making the Parking System Work" program is a neighborhood resource.
www.seattle.gov/transportation/neighborhoodparking.htm 206.684.4208



A "Web Link" symbol indicates further material is linked from the Walking Uptown Web site.
www.scn.org/feetfirst/uptown

Walking



Map available as a separate download.



brought to you by

The Uptown Alliance



Seattle Department of Transportation

"Everyone is a Pedestrian"





Where's Uptown? "Lower Queen Anne no more!"

The 1998 Neighborhood Plan for the Community of Queen Anne redesignated "Lower Queen Anne" as "Uptown." This return to the historic name for the neighborhood communicates the urbane qualities of Uptown as a residential and commercial center within easy walking distance from downtown.



Uptown is a cultural center, with the greatest concentration of theatre, opera, professional sports, and festival venues west of Chicago and north of Las Vegas. The calendar of annual events includes huge draws such as Bumbershoot (Labor Day weekend), The Uptown Stroll Art Festival (September), Winterfest (Thanksgiving to New Year's Eve), the Northwest Folklife Festival (Memorial Day weekend), and the Bite of Seattle (mid-July). A complete listing—including dates for ethnic festivals—is presented online at www.seattlecenter.com.

The 20% Boost Approach

Walking guru Mark Fenton can help you get to the recommended 10,000 steps a day through his "20% Boost Approach."

It's easy - clip on an inconspicuous step counter and record your daily step totals. At the end of the week, review your totals. If you're not reaching 10,000 steps, try to boost your daily steps the next week by 20%. Soon, you'll be getting 10k a day!

All that's required is a pedometer and your motivation. Of course, always check with your doctor before starting any new exercise program. [Web Link](#)

Ideas for increasing your daily steps:

- ◆ Substitute walking for other kinds of breaks in your day
- ◆ Take the stairs
- ◆ Get off the bus ahead of your stop
- ◆ Hide the remote
- ◆ Each day, discover a new destination

(see map inside)



A simple step counter is all you really need. As little as \$10—get one online or just walk to the drug store.

Getting 10,000 steps a day can help you:

- ◆ Resist diabetes and cancer
- ◆ Build heart health and circulation
- ◆ Improve your love-life
- ◆ Strengthen bones
- ◆ Boost your spirits!





The Fountains of Uptown

Fountains are at the core of Uptown's character. Extravagant fountains adorn many courtyards throughout the neighborhood. You'll find a string of fountains along the Quiet walking loop, ranging from arcing monuments to serene pools. The neighborhood's other grand fountains are worthy destinations for your other walks.



De La Mar Courtyard at 115 W. Olympic Place

Great Opportunities

Uptown is also a fountain of great organizations and Seattle institutions, such as the Girl Scouts Totem Council, The Mountaineers, Easter Seals, American Diabetes Association, The National Wildlife Federation, and the Seattle Jaycees. The Jaycees host two Toastmasters clubs that meet Wednesdays at noon and Thursdays in the evening. [Web](#) [Link](#)



The National Wildlife Federation office at 418 1st Ave W sports a sidewalk display demonstrating how to plant hummingbird habitats in the planting strip on your street.

Uptown is an Arts Hub

Did you know?...

- ① The Pottery Northwest studio at 1st Ave N and North Thomas St is open to the public. You can work in clay here free of charge!
- ② A professional studio on the 2nd floor of the Center House is available to all artists. Info at www.vsaaw.org



Art for Uptown is our neighborhood arts council. Uptown is ideal for walkers, joggers, people watchers, *and* art lovers. We are known for art, architecture, and fountains. We invite you to browse our coffee house art galleries, antique shops, murals, and art and artifacts from around the world in our diverse businesses.



Ethan Harrington's painting won first place in the 2002 Uptown Stroll Art Contest

"It is in this wandering afoot that one best reaches the wildlands of the imagination."

-Rebecca Solnit *A History of Walking*





Neighborhood Walking Loops

"You've seen these people who are using the StairMaster. Have we turned into gerbils, ladies and gentlemen?"

-Denis Leary (1957-)

We offer three walking loops.

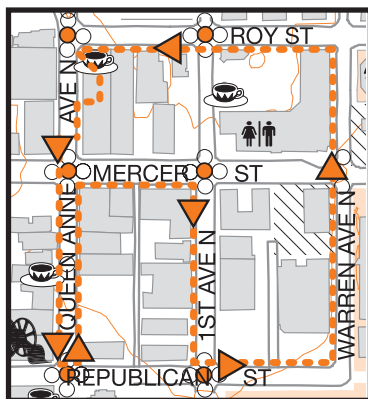
Quiet Loop-on map. This walk is wheelchair accessible and avoids car traffic to the greatest extent possible, making use of the gentle paths of the Seattle Center. This half-hour loop makes a good morning walk. • • •

Vista Loop-on map. This walk is vigorous and stunning. At 3 mph this 2.2 mile loop takes 45 minutes, but hills and views can slow you down! • • •

The Urban Center Loop unlocks the secrets at Uptown's core.

See map detail below.

(1) *Begin at the NW corner of Mercer Street & Queen Anne Avenue. Note Peso's cast iron artwork—look for a moving horse*



(2) *Cross Mercer St and continue south to Uptown Espresso. This is a key gathering place, with antiques and art. Phuket restaurant also boasts excellent art. Uptown Theater is a historic building bearing the original name of the neighborhood.*



(3) *At Republican St, cross to Dick's and head back to Mercer on the opposite side of the street.*

(4) *At Mercer, turn right. Note the murals at Pagliacci's and Titlewave Books and the unusual architecture of McHughes and Racha.*

(5) *Turn right on 1st Ave N. Note the dancing pig and cow at Floyd's place and the art in Chutney's. At the corner, note the beautiful view of the historic Inn at Queen Anne. Listen to the music outside Children of the Revolution. View antiques and art at Horowitz Trading.*

(6) *Cross 1st Ave N, continue to Warren.*

(7) *Turn left at Warren and Roy St. (or continue here to begin the Quiet Loop)*

(8) *At Roy St, turn left until you reach Queen Anne Ave. To the right, up the hill is "the counterbalance." Underground weights here helped early trolleys climb the steep 457 foot Queen Anne Hill.*

(9) *Enter Café Ladro and view the artist's gallery. Use their back door entrance to the MarQueen Hotel. Note the historic artifacts displayed and the grand staircase. Exit the MarQueen's front door and you're back where you started.*






Q: Is Uptown Car-Friendly?

A: Only if you leave it parked!

Seattle's Best Parking Program

With car-sharing, you only pay for your car when you use it! Car-free is care-free. Living in Uptown makes it possible to walk almost everywhere – for groceries, errands, entertainment, and to work. Just get a car for heavy lifting or occasional out-of-the-way destinations.

Flexcar spots in Uptown and Belltown are identified on the map with the  symbol. New locations are added almost monthly to this rapidly expanding service.

Flexcar www.flexcar.com

Avoid Parking Tickets!

If you have a car you want to park, the following parking operators offer residential parking spaces with monthly rates. Look on [the map](#) to see all of the off-street parking lot locations where monthly parking is available. You might even find that it costs you less than your parking tickets!

U-Park 284-9797

Republic Parking 783-4144, x109
selfpark@republicparkingnw.com

Diamond Parking Service 284.6303
jerry.pearson@diamondparking.com

Seattle Center 684-7340
www.seattlecenter.com/transportation/parking.asp

A Seattle sight: Moss growing on the north side of a car. Sweet!



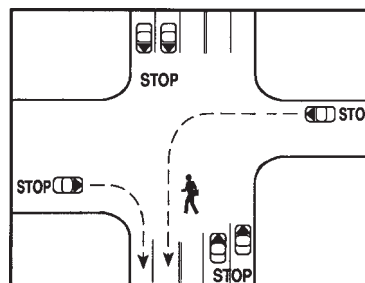
Insider's Guide to Jaywalking

The origin of the term "jaywalking" derives from an old-time reference to country-folk unaccustomed to busy streets and signalized intersections. Once in the big city, these "jays" would simply cross the street at will, unaware of the complexity of urban streets or laws.

Put simply, jaywalking in Seattle is crossing an arterial street between intersections or against the signal.

By law, there's a crosswalk at every corner. An intersection of streets creates four legally-recognized crosswalks. If there is no traffic signal, drivers are required to yield to pedestrians. (RCW 46.04.160) This is true even where the crosswalks are not painted.

Additionally, *drivers are required to give pedestrians at least one lane of space*, so when you're approaching or walking away from a lane, drivers should be stopping or waiting to give you adequate space.



This diagram shows how the law applies to turning movements as well as straight ahead travel. Let's educate those drivers!

[Web](#) | [Link](#)



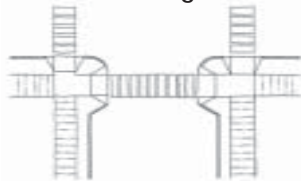
Be sure to visit www.scn.org/feetfirst
for online answers to the quiz, for
information about other Feet First
maps, and to become a member.

A Walkable City

*To enjoy city walking to
the utmost you have to throw
yourself into a mood of loving
humanity.* -Donald Culross Peattie
(1898-1964)

Design details can make walking in the
city much more comfortable. We present
a couple here—see [Web](#) [Link](#) for more.

Bulb-outs shorten crossing distances



Tight corners force slower turns



Sidewalk maintenance

Walkway cracks one-half
inch wide, high or deep
are out of compliance
and must be repaired.
Phone 684-5377 to
report problems.



Important Contacts:

Feet First - advocacy line	783-3066
Neighborhood Service Center	684-4812
Curb ramp requests	684-5377
Bus stop maintenance	553-3060
Vehicles on Sidewalk	625-5011

Seattle's Pedestrian Advisory Board:

www.seattle.gov/spab/

1/2 inch

← Sidewalk crack inspector

How Well do you know Uptown?

Find the answers on the map, around
the neighborhood, and in local lore.

1. If you walk from the center of Uptown to
2nd & Bell in Belltown, how much of your
daily half-hour walking will you have gotten?
(a) 1/4 (b) 1/3 (c) 1/2 (d) 2/3

2. When were Uptown and Queen Anne
annexed by the City of Seattle?
(a) 1877 (b) 1892 (c) 1908 (d) 1998

3. On which street will there be a new
pedestrian overpass for easy access to
Myrtle Edwards and Elliott Bay Parks?
(a) Broad (b) W Thomas (c) W Prospect

4. Which neighborhood fountain enables
you to walk on water?

5. Which Uptown apartment building is on
the National Register of Historic Places?

6. When does the Uptown Alliance meet?

7. Which artist won first place in the 2002
Uptown Stroll juried art contest?

8. On what street in Uptown is the artwork
background on this page to be found?

9. OK, now for the real challenge! Locate
the buildings with the four vent covers
displayed and the three houses with the
details depicted in the corners of this side.

Bonus: Every trip starts with your
_____?

Check your score at:

www.scn.org/feetfirst/uptown

Illustrations by Amit Patel for the Pedestrian Master Plan (City of Oakland, CA, 2002).

